



PTSD Treatment Decision Aid

Treatment options in your clinic

NAME OF HOSPITAL/CLINIC

CLINICIAN'S NAME

CONTACT INFORMATION

There are good treatment options for PTSD. The PTSD Treatment Decision Aid can help you learn more about the different options and how well they match your preferences for treatment.

Access the decision aid using the QR code or by visiting ptsd.va.gov/decisionaid/



Use this QR Code to learn more about PTSD Treatment Decision Aid



PTSD
Treatment Decision Aid

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	Cognitive Processing Therapy (CPT)	Eye Movement Desensitization & Reprocessing (EMDR)	Prolonged Exposure (PE)	Present-Centered Therapy (PCT)	Written Exposure Therapy (WET)	Medication
How does it work?	Teaches you how to evaluate and change upsetting thoughts about your trauma in order to change how you feel	Teaches you to process memories, beliefs, and emotions related to your trauma	Teaches you to face your fears and stop avoiding situations that are safe	Teaches you to identify how PTSD symptoms affect your daily life and learn problem-solving skills to manage them	Teaches you to find new meanings about the trauma through writing about it in depth	Changes the level of naturally occurring chemicals in your brain that affect how you feel
What will I do?	Learn strategies to decide whether there are other, less upsetting ways to think about your trauma and how it affected you	Think about the trauma while focusing on a back-and-forth movement or sound. You'll identify more healthy beliefs	Talk about your trauma in session and gradually approach safe situations you've been avoiding	Learn problem-solving skills to improve your daily life	Write about the trauma following prompts from the therapist	Take a pill (an antidepressant) at regular time(s) each day
Is it effective?	57 out of every 100 people who receive CPT, PE, or EMDR will have meaningful symptom improvement	57 out of every 100 people who receive EMDR, CPT or PE will have meaningful symptom improvement	57 out of every 100 people who receive PE, CPT or EMDR will have meaningful symptom improvement	27 out of every 100 people who receive PCT will have meaningful symptom improvement	32 out of every 100 people who receive WET will have meaningful symptom improvement	36 out of every 100 people who receive medication will have meaningful symptom improvement after treatment
Offered here?	☐ Yes	☐ Yes	☐ Yes	☐ Yes	☐ Yes	☐ Yes

Other treatments offered at our location (not in PTSD Treatment Decision Aid):